



## Easy-Peasy Peanut Zucchini Noodles with Chicken



1/2 of recipe (about 1 3/4 cups noodles with 2 1/2 oz. chicken): 335 calories, 11.5g total fat (1.5g sat. fat), 864mg sodium, 31g carbs, 5g fiber, 20.5g sugars, 29g protein

[Click for WW Points® value\\*](#)

**Prep:** 5 minutes    **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)



### Ingredients

6 oz. raw boneless skinless chicken breast  
1/8 tsp. each salt and black pepper  
1 lb. (about 2 medium) zucchini  
1 cup bean sprouts  
1/2 cup Thai peanut sauce/salad dressing with 65 calories or less per 2-tbsp. serving  
1/2 cup canned water chestnuts, drained and roughly chopped  
1/4 cup chopped scallions  
4 tsp. crushed peanuts  
Optional topping: additional chopped scallions

### Directions

Pound chicken to an even thickness. Season with salt and pepper. Bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Meanwhile, using a spiral vegetable slicer like [the Veggetti](#), cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into super-thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Transfer chicken to a cutting board. Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add zucchini noodles and bean sprouts. Cook and stir until hot and slightly softened, about 3 minutes.

Transfer skillet contents to a strainer, and thoroughly drain excess liquid.

Re-spray skillet and return to medium-high heat. Return drained veggies to the skillet. Add sauce/dressing, water chestnuts, scallions, and 2 tsp. peanuts. Cook and stir until hot and uniform, about 2 minutes.

Slice chicken, and serve over noodles. Top with remaining 2 tsp. crushed peanuts.

**MAKES 2 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

